

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)



THIRD SUNDAY OF LENT
YEAR A | 7-8 MARCH 2026



A SPRING OF WATER WELLING UP TO ETERNAL LIFE

BY DON SCHWAGER

www.dailyscripture.net

Would you do a favor for someone who snubbed you or treated you like an enemy? Jesus did just that and more! He treated the Samaritans, the sworn enemies of the Jews, with great kindness and respect. The Samaritans who lived in middle region of Israel between Galilee and Judaea and the Jews who lived in the rest of the land of Israel had been divided for centuries. They had no dealings with one another, avoiding all social contact, even trade, and inter-marriage. If their paths crossed it would not be unusual for hostility to break out.

When Jesus decided to pass through Samaria he stopped at Jacob's well because it was mid-day and he was both tired from the journey and thirsty. Jacob's well was a good mile and a half from the nearest town, called Sychar. It was not easy to draw water from this well since it was over a hundred feet deep. Jesus had neither rope nor bucket to fetch the water.

When a Samaritan woman showed up at the well, both were caught by surprise. Why would a Samaritan woman walk a mile and a half in the mid-day heat to fetch her water at a remote well rather than in her local town? She was an outcast and not welcomed among her own townspeople. Jesus then did something no respectable Jew would think of doing. He reached out to her, thus risking ritual impurity and scorn from his fellow Jews. He also did something no strict Rabbi would dare to do in public without loss to his reputation. He treated the woman like he would treat one of his friends - he greeted her and spoke at length with her. Jesus' welcoming approach to her was scandalous to both Jews and Samaritans because this woman was an adulteress and public sinner as well. No decent Jew or Samaritan would even think of being seen with such a woman, let alone exchanging a word with her!

Jesus broke through the barriers of prejudice, hostility, and tradition to bring the good news of peace and reconciliation to Jews, Samaritans, and Gentiles alike. He demonstrated the universality of the gospel both in word and deed. No one is barred from the love of God and the good news of salvation. There is only one thing that can keep us from God and his redeeming love - our stubborn pride and willful rebellion.

What is the point of Jesus' exchange with the Samaritan woman about water? Water in the arid land was scarce. Jacob's well was located in a strategic fork of the road between Samaria and Galilee. One can live without food for several days, but not without water. Water is a source of life and growth for all living things. When rain came to the desert, the water transformed the wasteland into a fertile field.

The kind of water which Jesus spoke about was living, running, fresh, pure water. Fresh water from a cool running stream was always preferred to the still water one might find in a pool or reservoir. When the Israelites complained about lack of water in the wilderness, God instructed Moses to strike the rock and a stream of fresh living water gushed out (Ex17:6). Even though the Israelites did not trust God to care for them in the wilderness, God, nonetheless gave them abundant water and provision through the intercession of his servant Moses.

The image of "living water" is used throughout the scriptures as a symbol of God's wisdom, a wisdom that imparts life and blessing to all who receive it. "The teaching of the wise is a fountain of life" (Prov 13:14). "Living water" was also a symbol for the Jews of thirst of the soul for God. The water which Jesus spoke of symbolised the Holy Spirit and his work of recreating us in God's image and sustaining in us the new life which comes from God. The life which the Holy Spirit produces in us makes us a "new creation" in Jesus Christ (2 Cor 5:17). Do you thirst for God and for the life of the Holy Spirit within you?

CHURCHES

ST PATRICK, BRADDON

SUN	8:00 am	Mass
TUE-FRI	12:10 pm	Rosary
	12:30 pm	Mass
FRI	11:30 am -	Adoration &
	12:30 pm	Confession

ST BRIGID, DICKSON

SUN	9:30 am	Mass
	5:00 pm	Vietnamese Mass (1st and 3rd Sundays)
TUE-SAT	8:40 am	Rosary
	9:00 am	Mass
WED	8:00 am -	Adoration
	11:00 am	
	5:00 pm -	Adoration
	8:00 pm	
SAT	9:30 am -	Adoration &
	10:00 am	Confession
	5:30 pm -	Confession
	6:00 pm	Vigil Mass

Healing Service takes place after the Mass on the 3rd Sunday of the month.

ST JOSEPH, O'CONNOR

SUN	8:30 am	Mass
TUE-FRI	8:15 am -	Adoration
	9:10 am	(Confession during Adoration every Friday.)
	9:15 am	Mass
SAT	8:15 am	Novena to Our Lady of the Perpetual Help
	8:30 am	Mass
	5:15 pm -	Confession
	5:45 pm	
	6:00 pm	Vigil Mass

Anointing of the Sick is within the Mass at 8:30 am every 1st Saturday of the month.

Recitation of the Rosary takes place after the 9:15 a.m. Mass, Tuesday to Friday.

ST THOMAS MORE, CAMPBELL

SUN	10:00 am	Mass
FRI	11:00 am -	Adoration
	11:45 am	
	11:45 am	Mass

Confession is every Friday, 11:00 am to 11:40 am.

Anointing of the Sick takes place every 1st Sunday of the month at 11:15 am.

HOLY ROSARY | BLACKFRIARS, WATSON

SUN	9:30 am	Rosary
	10:00 am	Mass
	5:00 pm	Mass
TUE-FRI	5:30 pm	Mass
SAT	4:00 pm -	Confession
	4:30 pm	
	5:00 pm	Vigil Mass
FRI	6:00 pm -	Adoration
	7:00 pm	



SUNDAY READINGS

ENTRANCE ANTIPHON

cf. Psalm 24:15-16

My eyes are always on the Lord, for he rescues my feet from the snare. Turn to me and have mercy on me, for I am alone and poor.

FIRST READING

Exodus 17:3-7

Tormented by thirst, the people complained against Moses. 'Why did you bring us out of Egypt?' they said. 'Was it so that I should die of thirst, my children too, and my cattle?' Moses appealed to the Lord. 'How am I to deal with this people?' he said. 'A little more and they will stone me!' the Lord said to Moses, 'Take with you some of the elders of Israel and move on to the forefront of the people; take in your hand the staff with which you struck the river, and go. I shall be standing before you there on the rock, at Horeb. You must strike the rock, and water will flow from it for the people to drink.' This is what Moses did, in the sight of the elders of Israel. The place was named Massah and Meribah because of the grumbling of the sons of Israel and because they put the Lord to the test by saying, 'Is the Lord with us, or not?'

RESPONSORIAL PSALM

Psalm 94(95):1-2,6-9

R: If today you hear his voice, harden not your hearts.

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. (**R**)

Come in; let us bow and bend low;
let us kneel before the God who made us:
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. (**R**)

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.' (**R**)

SECOND READING

Romans 5:1-2,5-8

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. And this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners.

GOSPEL ACCLAMATION

cf. John 4:42.15

Glory to you, Word of God, Lord Jesus Christ!
Lord, you are truly the Saviour of the world;
give me living water, that I may never thirst again.
Glory to you, Word of God, Lord Jesus Christ!

GOSPEL

John 4:5-16,19-26,39-42 (Shorter version)

Jesus came to the Samaritan town called Sychar, near the land that Jacob gave to his son Joseph. Jacob's well is there and Jesus, tired by the journey, sat straight down by the well. It was about the sixth hour. When a Samaritan woman came to draw water, Jesus said to her, 'Give me a drink.' His disciples had gone into the town to buy food. The Samaritan woman said to him, 'What? You are a Jew and you ask me, a Samaritan, for a drink?' – Jews, in fact, do not associate with Samaritans. Jesus replied: 'If you only knew what God is offering and who it is that is saying to you: Give me a drink, you would have been the one to ask, and he would have given you living water.' 'You have no bucket, sir,' she answered 'and the well is deep: how could you get this living water? Are you a greater man than our father Jacob who gave us this well and drank from it himself with his sons and his cattle?' Jesus replied: 'Whoever drinks this water will get thirsty again; but anyone who drinks the water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.' 'Sir,' said the woman 'give me some of that water, so that I may never get thirsty and never have to come here again to draw water. I see you are a prophet, sir. Our fathers worshipped on this mountain, while you say that Jerusalem is the place where one ought to worship.' Jesus said: 'Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we do know: for salvation comes from the Jews. But the hour will come – in fact it is here already – when true worshippers will worship the Father in spirit and truth: that is the kind of worshipper the Father wants. God is spirit, and those who worship must worship in spirit and truth.' The woman said to him, 'I know that Messiah – that is, Christ – is coming; and when he comes he will tell us everything.' 'I who am speaking to you,' said Jesus 'I am he.' Many Samaritans of that town had believed in him on the strength of the woman's testimony when she said, 'He told me all I have ever done', so, when the Samaritans came up to him, they begged him to stay with them. He stayed for two days, and when he spoke to them many more came to believe; and they said to the woman, 'Now we no longer believe because of what you told us; we have heard him ourselves and we know that he really is the saviour of the world.'

COMMUNION ANTIPHON

John 4:14

For anyone who drinks it, says the Lord, the water I shall give will become in him a spring welling up to eternal life.

FROM THE OFFICE

- **Chrim Mass - Monday, 30 March.** Mass at 5:00 pm at St Christopher's Cathedral.
- **Caritas Australia's Project Compassion 2026.** Project Compassion continues this Lent. Donation boxes and envelopes will be placed in the Church foyers. For more information, email Don Gomez at don.gomez@caritas.org.au
- **Behold & Resound (Liturgy & Music) Workshops.** They will all be held on Saturdays from 10:00 am to 3:30 pm with some light lunch / refreshments provided. Please note of the following schedules: 7 March - Immaculate Conception Church, Tumut | 14 March - St John Vianney Church, Waramanga | 21 March - St John the Apostle Church, Kippax. Registration is available now, and you can sign up here: <https://tinyurl.com/BeholdandResound>
- **Save the Date: Cursillo Weekend.** Friday, 17 to Sunday, 19 April, St Clement's Retreat & Conference Centre, Galong. Contact michaelderagdt@gmail.com. For more information and to register: <https://tinyurl.com/cursillo2026>
- **ALIVE: BBQ & Praise Night.** Join us for a BBQ dinner and praise night at ALIVE - a time to deepen your faith and gather as a young adult (18-35) community on Tuesday, 12 March from 6:00 pm to 9:00 pm at ACU Signadou Chapel, Signadou Chapel, Ground Floor, Building 302, 223 Antill Street, Watson. For any enquiries, please contact Ethan Kirk on 0413 545 808.
- **The Feast.** Join us for casual gatherings centred on God's Word and rooted in real life. All sessions will be held on Saturdays from 2:00 pm to 4:00 pm (14 and 28 March | 11 April) at the Holy Rosary Watson Parish Centre. For any enquiries, please email feastcanberra@gmail.com or contact 0406 872 588. <https://tinyurl.com/TheFeastMarchApril2026>
- **Archdiocesan Women's Taskforce.** Are you interested in meeting and sharing with other Catholic women on matters relevant to women in the Archdiocese? The Taskforce meets monthly on a Saturday morning and is always looking for new members, friends and ideas. If you would like to join or know more about the Taskforce, please contact Helena Zobec on zobechelena@gmail.com or on 0405 440 463.
- **Christian Meditation with Fr Laurence Freeman OSB - Wednesday, 11 March.** 4:00 pm to 5:30 pm at St Christopher's Cathedral. For more information about the event: <https://tinyurl.com/ChristianMeditationMarch2026>
- **Position Vacant - Parish Officer for Narooma-Cobargo Parishes.** Apply by CoB Friday, 20 March. For more information about the position: <https://tinyurl.com/PONaroomaCobargoMarch2026>
- **Vocations Discernment Dinner at Pearce Presbytery.** Thursday, 12 March at 6:00 pm. For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact Vocations Director Fr Emil emil.milat@cg.org.au or 0414 523 036.

CENTRAL CANBERRA, BRADDON & DICKSON

- **St Patricks Day - Tuesday, 17 March - St Patrick's.** Mass at 12:30 pm, followed by a bring-a-plate afternoon tea and refreshments. Everyone is welcome. Tea and coffee will be provided, and you're invited to bring a plate if you can.
- **Stations of the Cross followed by the Eucharist - St Brigid's.** 7:00 pm on all Fridays of Lent.
- **Unfolding the Mystery of the Bible.** Everyone is warmly invited every Thursday evening at 6:45 pm to attend the special presentation of a DVD series that explores the richness of the Bible. Please contact Najib Raya on 0439 581 204 for further details.
- **Craft Group.** All are invited every 1st and 3rd Wednesdays of the month in St Brigid's Hall from 1:00 pm onwards. For queries, please contact Trish Moore at 0412 324 644.
- **We're Improving St Patrick's.** Our facilities are inadequate, and we need to fund new toilets, and a much needed new organ will arrive in March to enhance our Liturgy. To contribute, please place donation on the [second collection](#) or use the dedicated TAP machine opposite the confessional. Every bit helps - Thank you!

ST JOSEPH, O'CONNOR

- **Easter Timetable 2026.** A digital version of the Easter Timetable for 2026 can be accessed here: <https://tinyurl.com/StJosephsTriduum2026> Please note that the Liturgy of the Lord's Passion on Good Friday, 3 April, will now commence at 5:00 pm.
- **Stations of the Cross.** After the 9:15 am Mass on all Fridays of Lent.
- **Saturday Vigil Mass Readers/Acolytes/Collectors.** Please talk to Fr Thonn after Mass if you would like to join the February-April roster to read, serve or take up the collection at the vigil Mass on Saturdays.
- **Children's Liturgy.** Every Sunday during the 8:30 am Mass. All children are welcome. Children under five years old should be accompanied by a parent or grandparent.
- **Sacramental Program Enrolment 2026.** Reconciliation is for Yr 3 and up with parent and child (P&C) sessions commenced on Wednesday, 25 February. First Communion is for Yr 4 and up with P&C session commencing on Wednesday, 6 May. Confirmation is for Yr 6 and up with P&C sessions commencing on Wednesday, 12 August. Please enrol your child/children by emailing kirstie.buckley@cg.catholic.edu.au for more details.
- **Church Clean-Up for Easter.** Join other volunteers every Saturday from 9:00 am to 9:30 am (after the 8:30 am Mass) to help prepare the church for Easter. Light tasks include dusting, wiping pews, and sweeping. All ages welcome. Those interested in Easter flower arranging are also invited to come and have a chat with us.
- **Rehearsals for Holy Week Music.** Join us as we prepare the chants, hymns, and motets for the sacred liturgies of Holy Week. New voices are always welcome. Rehearsals are held every Tuesday at 7:30 pm at St Joseph's. For more information and contacts, please scan the QR code



ST THOMAS MORE, CAMPBELL

- **21st Annual St Thomas More Forum & Dinner - Change of Date to Wednesday, 3 June.** RSVP by 11:00 am on Friday, 22 May. For more information and to register: <https://bit.ly/stmf-030626> | Access the flyer here: <https://tinyurl.com/StThomasMoreForum2026>
- **First Reconciliation Preparation.** Next Family Sessions: Sundays, 15 and 22 March, after the 10:00 am Mass. Important dates can be accessed here: <https://tinyurl.com/StThomasFirstReconciliation>
- **It's Working Bee Time!** The school and parish working bee will take place on Saturday, 14 March from 9:00 am to 11:00 am. Come and get your hands dirty, make friends and enjoy the beautiful weather!
- **Altar Cloth and Linens - Volunteers.** Inviting anyone to join in caring for our altar cloth and sacred linens. If you're able to help, please speak to Monica Phelan or email her at monphel@icloud.com. Your support helps keep our parish thriving!
- **Seeking Donations for Mass PowerPoints.** The parish is requesting a donation of a laptop. This laptop will be used exclusively for running the PowerPoint slides at Mass. If you have anything suitable, please contact Zane Mason at masozan75@gmail.com. Any and all donations will be greatly appreciated!

BLACKFRIARS, WATSON

- **Song, Silence, Scripture & Prayer in the Style of Taizé.** Everyone is invited to this service every 1st Sunday of the month (except on Easter Sunday - next service will be on 1 March) at Holy Cross Anglican/St Margaret's Uniting, Hackett. <https://tinyurl.com/Watson-Taize-2026>
- **Rehearsals for Holy Week Music.** Holy Rosary Choir is preparing for the liturgies of Holy Week. If you would like to be part of this very special music, come along to the first practice on Monday, 2 March at 7.30 pm, in the church. For more information, phone Maureen, 02 6161 7100.
- **Scripture Reflection.** A reflection on the scripture readings for the following Sunday is held each Wednesday in the parish centre from 7:30 pm to 8.30 pm. All welcome.
- **The Dominican Library.** The library in the parish centre is open each Saturday (except the first Saturday of the month) from 10:45 am to noon. All welcome.
- **ACU.** ACU Masses during semester time are as follows: 12:00 pm on Tuesdays and Wednesdays at the Signadou Chapel, Ground Floor, Building 302, 223 Antill Street, Watson.

"Fasting is directed to two things,
the deletion of sin, and the raising of the
mind to heavenly things."

~Saint Thomas Aquinas



ACKNOWLEDGEMENT OF COUNTRY

The Canberra Inner North Catholic Community (CINCC) acknowledges the Ngunnawal people, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.

YOUR MONETARY CONTRIBUTIONS COUNT A LOT...

First Collection

(Supporting all the priests of the Archdiocese)

A/C Name: **Central Presbytery Fund**, BSB: 062-786 and Bank Account: 00029248

Reference: Your parish location, name and intention

(e.g., Campbell Smith 1st collect)

Second Collection

(Maintenance/upkeep of the Churches, staff salaries, liturgical needs, insurance, etc.)

~ **Central Canberra, Dickson & Braddon:** A/C Name **Canberra Central Parish**
BSB: 062-786, A/C: 00013150, Ref: Name & Giving Number

~ **St Joseph, O'Connor:** A/C Name: **St Joseph's Parish**
BSB: 062-786, A/C: 00012798, Ref: Name & Giving Number

~ **St Thomas More, Campbell:** A/C Name: **St Thomas More Parish**
BSB: 062-786 A/C: 00014869, Ref: Name & Giving Number

~ **Blackfriars, Watson:** A/C Name: **Blackfriars Parish Watson**
BSB: 062-786, A/C: 00013341, Ref: Name & Giving Number

PARISH SAFEGUARDING COMMITMENT

The Canberra Inner North Catholic Community (CINCC) is committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the center of all of our thinking and action.

Parish Safeguarding Officers:

Central Canberra, Dickson & Braddon: Barbara & Catherine |

CanberraCentral.Safeguarding@cg.org.au

St Joseph, O'Connor: Noel | OConnor.Safeguarding@cg.org.au

St Thomas More, Campbell: Margie | Campbell.Safeguarding@cg.org.au

Blackfriars, Watson: Nicole | Watson.Safeguarding@cg.org.au

While the abovementioned email addresses are not available currently, please send any concerns or enquiries to: Maria Hicks, Manager Institute of Professional Standards & Safeguarding (IPSS), at ipss@cg.org.au or 02 6239 9806.

CONNECT WITH US...

Moderator: Fr Renoir Jr. Z. Oliver, SSS

E: renoir.oliver@cg.org.au

Community Superior: Fr Sebastian A. Luistro, SSS

E: sebastian.luistro@cg.org.au

Fr Anthony "Thonn" C. Riosa, SSS

E: anthony.riosa@cg.org.au



WWW.CGINNERNORTH.ORG.AU

Parish Secretaries:

Kathie Guillessier and Cerisse Gomez

E: innernorth@cg.org.au

M: 0416 823 447 or 0412 128 038

P: PO Box 900, Dickson ACT 2602

WE INCLUDE

IN OUR PRAYERS...

OUR RECENTLY DECEASED

Clare Palmer, Damian Smith, Dianne Virginia Judge, Fr Francis Fuchs PP, Jim Smith, John Walton, Joseph Lucero, Loretta Gallagher, Maria Oanh Tran, Mary Holt, Mary Pavey, Patricia Aileen Sloan, Phillip Collett, Reubin Maraon, Rosa Mangeruca, Rosalinda Salazar, Roy Baculi, Ruth Schwensen and Shelagh Williamson

IN LOVING MEMORY

Alice McDonald, Aniceto Castro Agulto, Bill More, Dominica Cortese, Domenica Maria, Domenico Musolino, Domingo Apolinar, Emilja Klaric, Florina Cabardo, Hazel Petry, Heather Pook, Jack (John Joseph) O'Brien, John Bryan, John Collett, John & Enid Prendergast, Kevin Tee, Lirio Lukban, Mary Kelly, Pasquale Laria, Ray Minius, Romeo Cabardo, Silvio Rossi, Terry Bird and Tony Boyle

SPECIAL INTENTIONS

Brian Brown, Carmela Lubis, Deacon Karel Anak Tingang, Don Gomez, Fr Michael Mullen, Genevieve Cuddihy, Maggie McKeown, Mairead Thomas, Maree Catlin, Marie Gallagher, Michael Deane, Paul Thorpe, Sally Grant and Una Bell



Prayer intentions will remain
in the bulletin for four weeks.



"BE WHO YOU WERE MEANT TO BE
AND YOU WILL SET THE WORLD ON FIRE"
ST CATHERINE OF SIENA